







1

# **WELCOME**

**Introducing Today's Panel:** 

Michael Salvatore, III CEC Michael Vetro, CEC Rick Farmer, CEC





# **WHY COMPETE?**



- Promote and share best practices within AHF
- Free scholarship to an awesome conference
- Great resume builder and publicity
- Camaraderie amongst healthcare professionals and culinarians
- Self gratification and helps keep your skills set sharp



3

# OUR 2019 GOLD MEDAL WINNERS

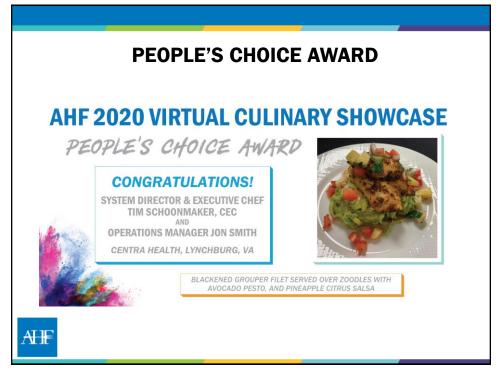


Executive Chef - Training & Development, Rick Farmer, CEC (left)

Executive Chef & Interim Director Michael Vetro, CEC (right)









7

# **CREATING THE WINNING DISH**

- Plant Forward
- Seasonal Items
- Regional
- Texture
- Level of Difficulty
- · Team Oriented
- · Flavor!





# **TIPS TO BE PREPARED!**





- · List of ALL equipment you are bringing
- · Use a timer
- · Mise en place
- Separate all tools for the competition from production
- · List of food items needed
- Production timing list who is doing what
- Research local food sources at destination
- Keep Organized!

<del>AH</del>

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# **PRACTICE AND COLLABORATE!**

Photos Matter. Start Early. Try Different Plate Combinations.







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### IMPACT OF WINNING

Coverage in publications and websites: FM, FSD, Twitter

#### Michael:

Publication in local newspaper

#### Rick:

Televised demonstration of our dish on cable





11

### **MENU PLANNING**



- · Be comfortable with your choices
- Follow nutritional guidelines. Balanced Carbohydrates, Fat, Protein
- · Think seasonal
- Display professional cooking methods (is your vinaigrette emulsified?)
- · Display Color, Flavor, and Texture
- · Consistent on all plates
- · Access to limited cooking equipment
- Display proper temperatures (hot and cold)
- Plan early. Get peer feedback before submitting
- Mystery ingredient

AH

## **MARKET BASKETS**

mandatory ingredients for your dish

#### **Basket A**

#### **Basket B**

Optional, Choose only one

- Flank Steak
- Pork Tenderloin
- Red Fish

Choose 2 if using Basket A, if no protein was selected, choose 3

- Okra
- Sorghum
- · Ruby Red Grapefruit
- Edamame (frozen)
- Collard Greens (fresh)
- Brown Rice
- Carrots
- Potato



13

# **YOUR TEAM**

- · Choose the right team
- People that work well together
- · Complimentary strengths
- · People that are organized





### **NEW RULES**

- Teams must submit a third team member, as the alternate.
- Alternate will serve as the team's runner and will substitute if one of the primary team members cannot compete.
- All finalists will be treated like hotel associates. Must follow the daily health screenings and take the hygiene training the day before the competition.
- All ingredients (market basket AND additional items) will be provided by AHF/Omni Hotel.
- Teams must use a minimum of (2) classic knife cuts and (2) cooking methods.



15

# **EQUIPMENT**

- · Consider the equipment provided by AHF
- What can you travel with?
- Additional equipment used must be submitted for approval



#### Provided per team

- · 3 six feet tables
- · 2 induction burners
- Induction pans and pots
- 2 chafing dishes or provision for warm food holding
- 1+ bus tub
- 2 Cutting boards
- Rolling rack with sheet trays
- · Serving plates

AH

# STATION LAYOUT & SET UP



- · You must cook facing the guests
- Plan layout of tools and other equipment based on workflow
- · Practice set up
- · Your ingredients and dish
- · Hot and cold holding
- · Sanitation & food safety



17

# **RULES, REGS & PROCEDURES**

#### **Tips to Help Get Selected**

- ✓ The recipe should make sense; be applicable to healthcare environs
- ✓ Color, Texture, Presentation
- ✓ Do not use inedible garnish
- ✓ High quality picture

- Register for the competition
- Entry submission by May 15, 2021
- · Use Market Basket ingredients
- Recipes to be complete and formatted for 6 portions
- Recipes submitted using the provided AHF template – no PDFs
- Include nutritionals, food cost and additional equipment list
- The sodium requirement for the dish is <750mg</li>



### **FINALISTS!**

#### **Judging**

- ☐ Organization (15)
- ☐ Culinary Skills (35)
- ☐ Taste & Presentation (45)
- ☐ Mystery Ingredient (5)
- One finalist team per operator member
- Read the rules manual and understand what's expected before, during and after the contest
- The pre-competition orientation is on August 23<sup>rd</sup>
- The competition is on August 24th
- · 75 minutes to create 6 portions
- Just because you are not a finalist doesn't mean you are ruled out.
- There are 3 prizes!
- Enjoy the conference, receptions, and Dallas!



19

# **QUESTIONS ???**

**Culinary@healthcarefoodservice.org** 

**Culinary Competition Web Page:** http://ahfconference.org/culinary-competition-submission



